

Press Release



To: News/Sports Editors
For: Immediate

8th July 2009

Healthy Futures Girls Sports Day!

The Healthy Futures Project, a project of Osmani Trust, held their Annual Girls Sports day on the 2nd of August in the Mile End Leisure Centre. Over 100 young girls took part, making the day a great success.

The event was jam packed with a variety of different activities such as football, basketball and relay races. There was also a fun element to the event which included egg and spoon race, three-legged race and sack race. At the end of the event almost 40 'winner' medals were given out and 8 Outstanding Effort certificates. But, no-one left empty handed as goody bags were handed out to everyone that attending consisting of tri-lighters, key rings and other goodies.

Majeda Begum, a volunteer for the event, said: 'wow, the event was absolutely fantastic, the atmosphere was amazing and the girls just went crazy competing for the medals. The little ones looked so adorable with their little football bibs on! The parents loved the mother and child activities and I guess, all in all, we just can't wait for next one!'

The Healthy Futures project runs weekly sports activities for girls only. These sessions include football sessions which are held on Saturdays, 2-3pm, in the Osmani Youth Centre, basketball sessions on that are held on Thursdays, 6.30-8pm, in the Osmani Youth Centre and badminton sessions on Mondays, 5-6pm, in Central Foundation Sports Hall.

The Healthy Futures project is also looking to start up martial art and hockey session. For further information on the various sports activities or events, contact Alema Akthar on 0207 377 8429.

We would like to say a massive thank-you to all the young people for attending and all the volunteers, especially Chadnee Shah and Safia for working tirelessly to make the sports day a success.